



The China Marines

Volume 1, Issue 5. Newsletter Date: JUNE 2007

Battalion Website

Check out the Battalion Web site for an electronic copy of this newsletter and other updates at: <http://www.imef.usmc.mil/div/1mar/1bn4/default.html>

Other Helpful Websites

<http://www.usmc.mil>
<http://www.usmc-mccs.org>
http://mfrc.calib.com/Enduring_Freedom/index.htm
<http://www.tricare.osd.mil/>
<http://www.redcross.org>

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Family, Friends, Veterans, and loved ones of the Marines, Sailors and Soldiers of Task Force 1/4,

Please allow me to begin by thanking all of you that have given so graciously in response to our many requests for items to help the Iraqi people. Forgive me for not listing all of you by name, but the list is extensive and I do not want to risk missing someone and hurting their feelings. The Marines, Sailors, Soldiers, and Airmen of the Task Force sent requests home for soccer balls and equipment, volleyballs, school supplies, clothes, and numerous other items to assist us in building rapport with the local populace as we help them return to normalcy and your response has been outstanding. The materials are starting to come in and we already began to disseminate them. You should see the faces of the thousands of children in the Al Qaim area that are so happy to receive even the smallest gift. The population in our area is approximately 230,000 people so you can imagine how many children we are trying to support. We established soccer and volleyball leagues that consist of a number of village/town teams that will be competing against each other throughout the summer, so the Marines all have their home teams to cheer for from the areas that they are responsible for. It promises to be a festive time.

This may not seem like the type of actions that you would expect from your serviceman operating in a combat zone, but these are exactly the types of events that will help us win the support and trust of the people. The interaction that the Task Force is conducting with the people is resulting in some strong relationships being developed. These relationships have resulted in information being shared that has led to the finding of numerous mines, Improvised Explosive Devices (IED), weapons caches, and some bad people being captured that would have otherwise done us, and the local population, harm. The bottom line is that your actions in sending us these types of materials are resulting in lives being saved. You are part of the solution for Iraq. You are helping us accomplish our mission, and you are helping bring your loved ones home safely. Thank you for all that you do. Please keep the Task Force 1/4 Team in your prayers as we do the same for you.

God Bless and Semper Fidelis,

LtCol Jason Bohm

Commanding Officer, Task Force 1/4



LtCol Bohm discusses an upcoming operation in AO Al Qa'im.

SERGEANT MAJOR



Sergeant Major Perez
Battalion Sergeant Major shows off a sample of the generous support received from the family and friends of TF 1/4.

Dear 1/4 Family,

I hope all is well wherever you may be. The Marines and Sailors here at 1st Battalion, 4th Marines continue to count the days towards homecoming just as you are counting them. We are now beyond 33 percent complete and in no time we will be at our half way point. Hang in there!

The Marines and Sailors continue to perform beyond expectations. Many of the local nationals have grown accustomed to them and many actually look forward to their patrols in the village. The Marines have taken on the mission at hand and have executed flawlessly. What else would you expect from one of the best units in the world?

On that note, I like to share with you something that entered my mind the other day. I've been in the Marine Corps for 23 years and I've seen many changes since I first marched across the parade deck at the Recruit Depot in San Diego. Yes, I did it just like your husbands, sons and brothers did. The question that came to mind was how much tougher are today's Marine in comparison to the Marines and Sailors of yester year? It didn't take me long to find the answer. The Marines and Sailors of today are just as tough, rugged, and ready for a fight like their predecessors were years before them. With temperatures over 110 degrees, long range patrols with an added 60lbs of protection and ammunition, today's Marine and Sailors are some of the toughest I've seen. My hat is off to their dedication and devoted duty to their country.

As we count the days, we also see improvements in our area of operations. Many of the local people also see that there is a light at the end of the tunnel and have taken steps to secure their future. I know you may not see this back home because the media tends to dwell on the negative, but I can assure you that 1st Battalion, 4th Marines is making a significant change within the populace.

On behalf of all the Marines and Sailors of Task Force 1/4, I want to extend my gratitude for your continuing support for your Marines and Sailors. I would also like to thank you for the wonderful gifts that have been sent for the Iraqi children and their families. Your contributions are playing an important role and are having an impact in our fight against the insurgency. I know that most of your contributions are paid out of your own money, so thank you very much.

That is all for now. The next time you receive a letter, we will be one month closer to coming home to you all. Please stay safe and keep in touch with your Marine and Sailor as much as you possibly can.

SgtMaj Carlos A. Perez
Sergeant Major of the China Marines



Newly promoted Cpl Lewallen proudly displays his new Cpl chevrons to Cpl Campuzano and Cpl Demster.



LtCol Bohm addresses SSgt Nicholas after his promotion.

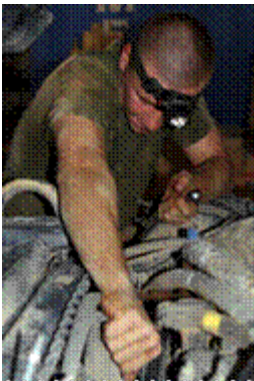


GySgt West and PSD eat lunch with a sheik and his family.



PSD escorts Lt Col Bohm as he gets a tour of a new medical clinic.

A Marine from Motor-Transport works through the night to get a HMMWV ready for the next day.



H&S Company

Hello once again to the family and friends of Headquarters and Service Company – the “Heart and Soul” of Task Force I/4. Another month has passed here at Camp Al Qa'im and the company continues to do great things. Day after day, your Marines and Sailors do whatever it takes to keep the Task Force moving.

Throughout the month, Task Force I/4 conducted several large-scale operations designed to root out insurgent forces still operating in the area. Marines and Sailors from H&S Company surged forward to provide medical, logistical and command and control support to the rifle companies as well as to our Iraqi partners. Numerous weapons caches and IEDs were found and destroyed – improving the overall security of the region. More importantly, the Task Force continued to win the trust and confidence of the local populace.

One of the most challenging yet important parts of our mission is to help the Iraq Security Forces (ISF) develop into an independent and dynamic force capable of preserving law and order. Your Marines and Sailors play a huge role in this task as they work closely with their Iraqi counterparts to teach, coach and mentor them. For example, mechanics in the Motor Transportation Section spend several hours each week training Iraqis to perform preventative maintenance and minor repairs to their vehicles. Most of the Battalion staff is also working closely with Iraqi units to help develop their logistical and planning capabilities. It is a difficult job at times, due to the language and cultural differences, but it is already paying big dividends as the Iraqis move closer to autonomy.

Once again, several Marines in the company were promoted in recognition of their consistently outstanding performance and their future leadership potential. The following Marines were promoted to their present rank on 1 June (unless otherwise noted):

1stLt Jason C. Lynch (May 27)	Cpl Jeremy D. Allbaugh	Cpl Denault B. Stamoulis
SSgt Ochan Nicholas	Cpl Brian B. Dorff	Cpl Christian M. Hutson
Sgt Timothy J. Clarke	Cpl Julius S. Fairfax	Cpl Jeffrey A. Martin (meritoriously promoted Jun 2nd)
Sgt Jeremiah C. Fox	Cpl Jeremy M. Hale	Cpl Christian M. Hutson (meritoriously promoted Jun 2nd)
Sgt Roberto C. Garcia	Cpl Joseph S. Hillenbrand	PFC Mikheal D. Boswell
Sgt Matthew J. Griffin	Cpl Curtis T. Lewallen	PFC John C. Holmes Jr.
Sgt Donovan E. Kiel	Cpl Joshua V. Rathel	
Sgt Daniel G. Perez	Cpl Blake A. Schollaert	
Sgt Gary M. Thompson	Cpl Eric C. Schwartz	

Congratulations to all of these Marines and their proud families – they couldn't have done it without the support of those at home.

Playing a supporting role within the Task Force can be a tough job. It is often thankless and tedious. However, your Marines and Sailors continue to impress me with their devotion to duty and their unwavering commitment to the Marines and Sailors “outside the wire.” Everyday they make a difference as they distribute supplies, deliver mail, fix radios, repair vehicles and give the rifle companies the support they need to accomplish the mission. That's our mission; and we're getting it done every day. I'm very proud of your Marines and Sailors, as I know you are, and I thank you for your continued support.

Semper Fidelis,
James Koehler
Capt USMC

WEAPONS COMPANY



Left to Right: Sgt Bachicha, LCpl Rosales, LCpl Saunders, LCpl Zurek, PFC Jeffries, PFC Pica from the Battalion Quick Reaction Force.



L to R: Cpl Fehlhaber, Cpl Knight, LCpl Todich, LCpl Parker, LCpl Kidd from the Battalion Quick Reaction Force.



L to R: LCpl Bentley, LCpl Archila of MAP 1 at Battle Position DaNang



L to R: SSgt Santini, Cpl Sammons, Sgt Armbruster, Sgt Padilla, Lt. Lambert of MAP 1 at Battle Position DaNang



L to R: LCpl Yost, Sgt Miller, LCpl Turner, Lt. VanHorne from MAP 2

Hello Weapons Company Family and Friends,

Nearly another month has gone by for all of us. The Marines and Sailors of "the varsity" are doing well and performing in an outstanding manner. They have been involved in every sort of mission or operation imaginable thus far, proving their nickname true. Each week provides a new challenge for all four platoons, requiring them to step up to another level, looking within themselves for reserves they previously didn't know they had. Moreover, they execute their missions flawlessly and with an extreme sense of urgency. The nature of these missions isn't permissible in these newsletters, but it will fill plenty of dinner table discussions upon our return.

As in every month's newsletter, we'd like to take the opportunity to congratulate a couple new parents in the family. Sergeant and Mrs. Abner had a baby boy on June 19th named Wyatt. Corporal and Mrs. Wiedenmeyer had a baby girl named Royanne on June 23rd. Congratulations from all of us in Weapons Company!!

Very distinctive and honorable awards were given to the following Marines:

LCpl Falcon	Purple heart
LCpl Singh	Purple heart
LCpl McCardle	Purple heart

Promotions for the month of July were as follows:

To Sergeant:

Sgt Brandau Sgt Ferreira

To Corporal:

Cpl Brownsberger, Cpl McKiver, Cpl Ruiz, Cpl Yost

To Lance Corporal:

LCpl Alkire, LCpl Harkins, LCpl Ware

As you can see, it was an extremely rewarding month for our Marines. Next month will bring even more promotions, and our Sailors will also be testing for their coveted Fleet Marine Force pins as well. We hope that each and every one of you is doing well. The mail continues to pour into our positions, bringing endless smiles and conversation to the often long and arduous hours of combat patrols and operations. We cannot thank you enough for this, it genuinely helps.

At this time we still have nine more wives expecting little devil dogs into our family, so please take care of yourselves and keep those Key Volunteers informed of your wonderful additions.

Till next month,
Take care and Semper Fi!
1stSgt Chamberlin

ALPHA COMPANY



Alpha Raiders prepare for a night patrol.



1stLt Ramos congratulates Cpl Hutson after his meritorious promotion.



Cpl McAfee and Cpl Andrisevic share some camaraderie.



Marine Corps regulations— still in effect in Iraq

Raiders, Families, and Supporters,

As we begin the month of July, the company is currently continuing our operations in the Al Qaim region of Al Anbar Province, Iraq. Despite already being three months into the deployment, the Marines of Alpha continue to focus on the mission, conducting an impressive amount of operations that have ensured the safety of the local population, disrupted insurgency operations, and helped establish the rule of law. Alpha Marines are constantly patrolling, usually with our Iraqi Security Forces counterparts, in order to establish security in both the urban and outlying areas. This constant presence allows the local area to enjoy a fair amount of normalcy, so much so, that many people from Baghdad and other areas have moved here to enjoy the improved security situation. Raiders also live up to our name by targeting and detaining key members of the insurgency, who are then “rolled up” in a raid, which prevents the enemy from being able to conduct regular operations in our Area of Operations. Additionally, similar targeting of smugglers along our border areas prevents the movement of both insurgents and illicit goods in the region, and helps establish the rule of law in our area.

Particularly in the Raider Area of Operations, the focus is very much on the transition of security control from the Marines to the Iraqi Security Forces: Iraqi Army, Iraqi Police, and Iraqi Border Police. The Raiders are supporting the efforts by dedicating Marines strictly for the training, advising, and mentoring of these units, in order to assist them in preparation for assuming responsibility for the security in their own areas. This is a mission that in recent years has normally been the domain of special operations forces, but in the integrated battlefield of Iraq, has become a staple of regular infantry units as well. However, this type of counterinsurgency tactic is not new to the Marines: in the Pre-World War II Marine Corps, the training of host-nation forces was regularly used with great success to combat insurgency, including during the Santo Domingo campaign in 1922, where Alpha Company was first activated. The success that we continue to have with this tactic, as well as the previous Marine units in Al Qaim, shows that the Raiders of today would make the Marines of the “Old Corps” proud to share the same title.

As always, I can not adequately express my thanks to all those that care for, or have supported a Raider on this deployment. Your impressive support not only gives the Marines the encouragement to continue on with the mission, but the sheer level of your commitment to the Marines is truly overwhelming. I would like to personally thank you for your time and effort, and also assure you that your sacrifices are deeply appreciated by the Marines.

Semper Fidelis,

Capt Luther Gové
Captain, USMC
Commanding Officer
Alpha Company, TF 1/4

BRAVO COMPANY



2nd Platoon raid on truck stop with Bo, a German Shepherd. From a K-9 unit in Rawah.



LCpl's Marshall, Meiers, Spitzcock and HM3 Ponce of 3rd Platoon, prior to going on a security patrol in Anah.



Sgt Stewart Ivey, 3rd Sqd Ldr 2nd Platoon, distributes candy to local children on a security patrol. Marines' families regularly send candy from home for Iraqi children.



Members of the Iraqi Army 2/3/7 and Bravo Company mingle and share ideas and thoughts on the security situation. As conditions in Al Anbar improve, Iraqi Army units begin to take more responsibility for security in the area.

For the month of June, Bravo Company has continued their patrolling and shaping operations in the cities of Anah and Reyannah. SSgt Rogers and 2nd Squad 4th Platoon assumed control of COP Anah. The Iraqi Police force increased its numbers and continues to assume a greater role of responsibility in the AO. Patrols have focused on both actions in the cities of Anah and Reyannah and increasingly focused outwards on the small farmsteads by the Euphrates River. A number of explosives and weapons caches have been found making the area safer for the Marines, ISF and civilians. One cache yielded a pair of superbly maintained bolt action rifles, one German made and one Turkish, which date back nearly a century.

Early in the month, the FIST Team and half of first platoon drove a dozen kilometers into the empty desert to our south to spot rounds for the rarest of all artillery shoots, referred to as "Rocket Assisted Projectile" or RAP, a round that can travel accurately over a significant distance. All the Marines got a chance to train with both calling rounds and firing our own organic company mortars.

Drastic improvements to health and welfare of the Marines have been made. Our exceedingly hard working Company Police Sergeant, Cpl Josiah Benton, has installed over thirty air conditioning units in all Marine positions. Additionally, an internet center and phone center have been installed in COP Ocotal, allowing the Marines to keep in touch with their loved ones on a much more consistent basis.

In addition to having a collection of amazing Marines in Bravo Company, we are also blessed with outstanding gear and equipment. A recent IED strike resulted in only scratches, minor dents, and flat tires. In years prior, fatal injuries would have likely resulted from an attack of this type. Luckily, no Marines were injured. The fine work of the mechanics and the maintenance conducted on our vehicles likely saved lives.

On 1 July, Cpl Marshall Davis of the Headquarters Platoon was promoted to the rank of Sergeant of Marines. LCpl Micah Pelphrey became a Corporal. PFCs Ryon Blacklock, Duff Brown, Ryan Kelly, Adam Lonk, Christopher Meiers, Jesse Merritt, and Scott Schaffner were all promoted to the rank of Lance Corporal.

Semper Fidelis,
Capt Graczyk
Captain, USMC
Commanding Officer



Bravo Company Marines conduct a patrol with their Iraqi counter-parts. Continued mentorship and development of the Iraqi Security Forces is one of Bravo Company's daily tasks.



Bravo Company Marines and their Iraqi counter-parts talk over the security situation with a local civilian.

CHARLIE COMPANY

Promotions & Awards

Cpl Peschman	Cpl Sardelli (Meritoriously)
Cpl Rangel	Lcpl Olson (Meritoriously)
Cpl Robinson	Cpl Scott
Lcpl Davis	Lcpl English
LCpl Jackson	Lcpl Johnson
Lcpl Lopez III	Lcpl Travisany
Lcpl Uriegas	Lcpl Venable
Lcpl Ventura	Lcpl Weiss

Charlie Company Family,

The past month while not on patrol, the Marines have been finding ways to stay in shape. Grappling seems to have taken some interest, as well as boxing, and jump rope. We have mini tournaments for grappling occasionally to deal with stress. A lot of the Marines are lifting weights and running to stay in shape, and hope to stay or be "twisted steel and sex appeal" for their wives and girlfriends upon return. SSgt Ski has organized Bench Press, Pushup, and Pull-up competitions. These activities keep us busy, in shape, and sharp for any contingency that might arise. The constant battle is dividing the time for missions, physical training and rest.

There are a lot of children in the small villages here that the Marines see all the time. As you would probably guess, the Marines have a soft spot for the kids. We pass out candy, pencils, lotion, chap stick, and little toys, whenever we are in a village with kids. We see kids herd sheep, work in the fields, and playing. The kids here aren't drastically different than the children in the United States.

Please continue writing, sending e-mails, and packages. Mail call is definitely the highlight of the week here at the Battle Positions! The Marines of 3rd Platoon send an extra special thanks to Sandi Price and the residents of East Hills in Bakersfield, CA for all their support and the Marines at Battle Position Boxer send a special thanks to Mrs. Karen Gill for all of her support.

As a company, we just completed a large operation with the Iraqi Army. They were enthusiastic, and worked hard to help root out insurgents in our area. This was an Iraqi led operation with US Marine support. This is just one example of many in our ongoing effort to turn over responsibility for the security in the region to the Iraqis.

Well, another month has gone by, and time is picking up, so please keep us in your prayers, God Bless you all, Semper Fi and see you soon.

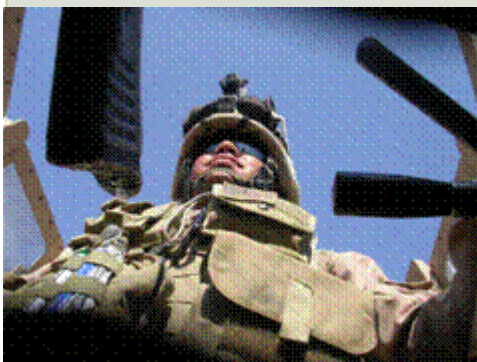
1stSgt James Lucas



Cpl. Shawn Atwood teaches an Iraqi citizen how to read military time. Atwood feels providing friendship to the Iraqis is just as important as providing security.



Cpl Scott poses for a picture with children in a local village.



Lcpl Lopez mans the turret of a HMMWV.



Lcpl Silva spends some of his time on patrol to make friends with the local children.



CHAPLAIN'S CORNER



Care packages are always a great treat. I can not begin to list everyone who has supported the Task Force in this manner. To each and every one of you, I want to thank you and wish God's blessings upon you. The love and dedication you show to our Marines is truly amazing. One example of one of our many Care Package supporters is Karen Gill, the proud mother of Sgt Gill who is currently assigned to H&S Co. She has contacted people all over the United States to enlist them in the care package effort. Two of her greatest supporters include Haely James and Diana Scarfo. Karen also has an extremely strong relationship with the "Soldiers' Angels Chaplains' Support Team." This organization has sent a tremendous number of care packages, as well. It seems that there is nothing Karen puts her mind to that she can't accomplish. She is a go-getter, always trying to meet the needs of our Marines and Sailors. It is evident that she has spent a large amount of time, energy, money, and effort on this endeavor. We thank you, Karen, and the countless others who support us all.

Semper Fi,
Chaplain Vaughn



Dustin A. McKee, Charlie Company is baptized.



Andrew Garcia, Scout Sniper Platoon is baptized.



Steven Allen Jabkiewicz of Charlie Company is baptized.



Lcpl Phillip Jackson of Charlie Company is baptized.

"Lay Leaders—Making the Difference!"

Chaplains need all the support they can get to facilitate the Commanding Officer's Command Religious Program (CRP) and lay leaders are without question the "ones behind the scenes" who make the difference. The TF 1/4 lay leaders who support your Marine's and Sailor's needs are: HMC Ellis Flenoid (H&S Co.), SSgt Frazier Trusty (H&S Co.), GySgt Author Arebalo (Wpns Co.), and 1stSgt James Lucas (Charlie Co.)

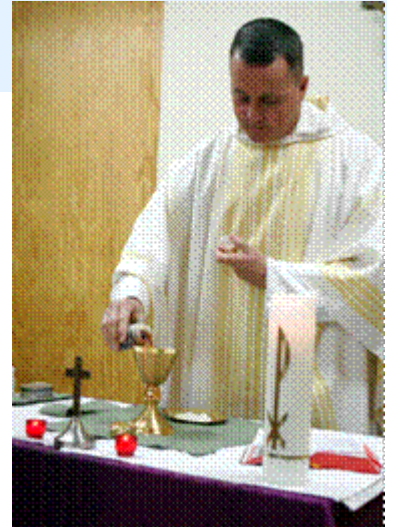
HMC Flenoid, is a without a doubt a true servant. If you don't know HMC, he's about 6'3" and weighs 240 lbs. and can bench-press a truck. His size certainly doesn't hurt when he encourages those around him to attend services, but he truly has a humble heart which all can see. He has baptized four Marines in the past four weeks, preached numerous times in the evening services, and on top of that, he's a great singer.

SSgt Trusty, is another asset to the lay leader program. His gift is preaching and he does it very well. In general, SSgt Trusty is extremely calm, sharp, and collected and people sense those attributes in his sermons. Marines and Sailors are immediately drawn to him for his wise counsel.

GySgt Arebalo is another solid man of faith who continues to support his Marines and Sailors through weekly Bible studies. His Bible studies conducted at a Battle Position in the far reaches of the Area of Operations have a strong attendance each week. Just like the others, his schedule is extraordinarily busy, but he manages to utilize his time to meet the needs of others.

Finally, the "character" of them all, is without a doubt, 1stSgt Lucas. He is a humble servant and at the same an extremely energetic, full of the Spirit, Marine. He recently delivered a marvelous and awe-inspiring sermon entitled "The Eagle Christian." The house was packed and no one left unchanged.

In short, all of the lay leaders bring to the table their own unique gifts through the Spirit. They are serving the spiritual needs of the warriors of TF 1/4 on a daily basis, making all the difference. You can be extremely proud of their hard work.



Father Dennis Rocheford, Camp Al Qa'im Base Chaplain, prepares the eucharist during Catholic Mass at Camp Al Qa'im. Camp Al Qa'im is blessed to have this prior Viet Nam Marine veteran and ordained Catholic Priest available to minister to those of the Catholic faith. His sermons routinely fill the entire St. Michael's Chapel.



Father Rocheford converses with a parishioner after mass.

FAMILY READINESS OFFICER

Coping With Deployment

Separation from a loved one who is deployed to Iraq can be an emotionally difficult time for all family members. The emotions can vary from low energy levels, feelings of sadness, anger, excitement, restlessness, tension, frustration and resentment. Additionally, there are many challenges for military families to overcome during deployments. It is important to recognize understand and face these challenges in order to effectively cope with the separation during deployment.

- ❑ Avoid the pitfalls that are often associated with deployments;
 - Arguments that may have occurred prior to deployment are common. Generally, this is the result of distress due to upcoming separation. Realize this and try not to take them too seriously.
 - Resolving marital issues that precede deployments is very difficult over long distance and is best left until the Marine returns home.
 - Avoid listening to or spreading rumors. It is best not to repeat the rumor. Because of rapid communication, rumors can spread unchecked causing great psychological harm to Marines and family members. For example, one wife passing on allegations of infidelity involving another Marine's wife. Such rumors cause harm to Marines, family members, and unit cohesion.
 - It is important to accept change and growth by all family members. It is unrealistic to expect everything to remain the same as they were before the deployment.
- ❑ Some general tips to help the spouse/ family cope while the Marine is deployed;
 - If disagreements arise, leave the issue alone until you are face-to- face with your spouse.
 - Establish and maintain a support network to help your family cope.
 - Include breaks in the daily routine. Key Volunteer Network get-togethers with other family members and monthly outings for the children to a favorite park, restaurant, picnic, etc are great to help relieve some deployment stress.
 - The parent at home will need time away from the children. A regular "Mommy's day out" is important to maintain sanity.
 - Encourage all family members to share feelings, reassure your partner of your love and commitment, and try to see the deployment as a challenging opportunity for growth.
 - Communication is important between the Marine and family member. Use all available avenues of communication i.e. telephone calls, e-mails, letters, etc. It is important to keep in touch; however, try to end phone conversation and letters on a positive note.
- ❑ Some general tips for caregivers to help children cope while the Marine (parent) is deployed:
 - Be honest with children about Daddy's deployment. Share information about the Marine's work and what the parent is doing for our country. Answers questions openly and honestly, using words your children can understand.
 - Give children a method of measuring the passage of time. Provide a calendar to help your child count the days the parent has been deployed.
 - Make sure your spouse's parents are kept informed. The Marine's parents share your concerns about the health and welfare of their deployed son. Grandparents and spouses can support each other during the deployment.
 - Continue to provide a structured, stable, and safe environment for your children. Children require reassurance that they are cared for and safe while one of their parents is away.
 - Make sure the deployed parent is part of everyday conversations.
 - Help your children sort out what they hear and see in news reports. Find out what your children know and understand and talk with them about their feelings. Follow your child's lead. Give a small piece of information at a time and see how your child responds before deciding what to do next.
 - Provide your children with a method to communicate to the deployed parent, i.e. letter writing or e-mail access.
 - Try to maintain family routines and traditions during the other parent's absence.
 - Keep children involved with outside activities and maintain constant communication with schools.

Maj J.K. Zollmann

Battalion Executive Officer

Family Readiness Officer 1/4

Email: ZollmannJK@gcemnf-wiraq.usmc.mil

SSgt G.J. Henry

Remain Behind Family Readiness Officer 1/4

(760)763-1821/1824

Email: HenryGJ@1mardiv.usmc.mil



Brigadier General Mills and the Key Volunteer Coordinator visit the Scripps Hospital and our wounded Marines.



Dear Task Force I/4 Family & Friends,

Here we are again very happy to see another month pass by. I hope that everyone is doing well and hanging in there. I understand how difficult it can be at times to be separated from a loved one. On the other hand we are all very proud of our Warriors and our families back home. Please continue to communicate often with your Marine, even when it takes time for them to reply. Take advantage of services like moto mail with a new picture attachment feature, use the old fashioned way of hand writing letters or e-mail. There is nothing more rewarding for our Marines than to receive news from home and packages with their favorite items. The communication makes them feel close to home and is also a way to keep their spirits high and morale up.

Back at home, it is imperative for you to take care of yourself and your family. Please stay connected with other spouses and friends. There could be times that you may feel like doing nothing and it is okay to take time to rest, although I really encourage you to push yourself to get out of the house and stay as active as you can. It is your choice. You are welcome to join our monthly meetings and also to volunteer with our network. Feel free to contact me or your key volunteer should you have any question about our role, want to volunteer, or need assistance in any way.

Thank you to all the wonderful Key Volunteers that dedicate their time to keep our families informed and provide assistance in times of need. You all are doing a magnificent job and I am very proud to be amongst you. Thank you to our families for your strength and for those of you that attended our Task Force I/4 Family Picnic.

I want to take this opportunity also to thank the city of Laguna Niguel which has graciously adopted the Task Force and for their partnership and continue support to Marines and families back home; Mr. Tom Kelly and Mrs. Molly Kelly and the 1st Marine Division Association- Los Angeles Chapter, and Mr. Richard Bridenstine and Mrs. Trisha Bridenstine for their support to our families and Marines, and to all parents, family members and friends that have joined us in our support to our Warriors. We are very proud to be part of such a wonderful team. We could not do it without you!

Marines, we are very proud of you. Please stay safe and strong. Your sacrifice and hard work does not go unnoticed. Remember that you are all in our prayers and thoughts. You are the best!

Very respectfully,

Yolanda Ortega

Key Volunteer Coordinator

Task Force I/4

OPSEC

Operational security consists of measures taken to ensure that sensitive information is not compromised. Ensuring the security of the unit and unit families depends on many factors. Avoid discussing operational information such as: Locations, security measures, past missions, number of Marines/weapons systems located at the Marine's position, planned return date.

Be alert when speaking about these things in public places, emails, chat rooms, instant messages, message boards, over the telephone, or with members of the media.

Remember- Always talk to a Public Affairs Officer before speaking to the media. PAO can be reached at 725-7011.

New Parent Support Program

Consists of a professional team of social workers and nurses that provide supportive services to families of children 6 and under. Services include home visits, baby boot camp and parenting classes. For more information, please call: 760-725-3884/6335

Upcoming Events

Look forward to another battalion family get together in the month of August. The KVN will pass the details once things are solidified.

Bravo Company Family Get-Together for July will take place on 25 July at DelMar Beach Cottage #596 aboard Camp Pendleton from 11a.m. until TBD.

Next KV Meeting is planned for 31 July at 6:30PM at Matlidas (behind the 1st Marine Division Command Post)



L.I.N.K.S.

L.I.N.K.S. is a volunteer, team-mentoring program, designed by spouses for spouses. The curriculum focuses on spouses new to the Marine Corps community, but any spouse is welcome to attend. The program offers an orientation to the Marine Corps lifestyle, helping new spouses adapt to the unique challenges military life often presents.

The program works through a partnership of volunteer spouses, Marine Corps Family Team Building (MCFTB) staff, Marine Corps Career Retention Specialists and Chaplains. The discussion group leaders are experienced military spouses who facilitate the learning process by using a mentoring style of presentation. The climate is informal, with a nurturing structure and format. Participants receive real life tips, information on Marine Corps culture, and available resources to enable them to help themselves.

L.I.N.K.S. is currently available at Camp Pendleton. No cost childcare is provided to participants. For more information or to register for class, call Camp Pendleton Marine Corps Family Team Building at (760) 725-6637 or (760) 763-1337.

L.I.N.K.S. provides information on:

- Marine Corps history, tradition and language
- Benefits and services
- Financial awareness
- Dealing with separation and deployments
- Tips on moving
- Effective communication

MCFTB L.I.N.K.S. is the forum for experienced spouses to pass on their Marine Corps lifestyle insights in a positive, casual, and non-threatening environment; using the concept of "helping others help themselves."

L.I.N.K.S. provides spouses the opportunity to make new friends and enjoy being a part of the Marine Corps family.

The Meaning of L.I.N.K.S. Let's look at what the name L.I.N.K.S. means:

- L Lifestyle** is a way of living and in this case it means understanding the military community and the unique lifestyle it offers.
- I** Marine Corps **Lifestyle Insights** come from experienced Marine Corps spouses who relate their experiences of living the Marine Corps lifestyle, who understand first hand what you are going through and who want to help you understand and adapt to the new culture you married into.
- N Networking** represents the people you get to know during L.I.N.K.S. and all the others you will meet during your journey in Marine Corps living.
- K Knowledge** is what you will leave with and what will help you understand and navigate the Marine Corps culture.
- S** Is for the new **Skills** you will learn to help you enjoy and thrive in our Marine Corps community.

MAIL CALL

Official Mail to Command

RANK, FULL NAME

1ST BN 4TH MAR

UNIT 40245

FPO AP 96426-0245

Alpha Company Mailing Address

RANK, FULL NAME

1ST BN 4TH MAR ALPHA CO

UNIT 40255

FPO AP 96426-0255

Charlie Company Mailing Address

RANK, FULL NAME

1ST BN 4TH MAR CHARLIE CO

UNIT 40265

FPO AP 96426-0265

H&S Company Mailing Address

RANK, FULL NAME

1ST BN 4TH MAR H&S CO

UNIT 40250

FPO AP 96426-0250

Bravo Company Mailing Address

RANK, FULL NAME

1ST BN 4TH MAR BRAVO CO

UNIT 40260

FPO AP 96426-0260

Weapons Company Mailing Address

RANK, FULL NAME

1ST BN 4TH MAR WEAPONS CO

UNIT 40270

FPO AP 96426-0270



Tips For Proper Packing

- Always use the smallest box possible.
- Use bubble wrap or foam popcorn when sending breakable items.
- Package items tightly to avoid shifting.
- Place liquid items such as salsa, lotion, and beverages in separate zip lock bags.
- Use insurance on packages

Customs Regulations

- All mail weighing over 16 ounces must be presented to post office for mailing.
- All parcels being sent from, to, or between an APO/FPO must bear a customs form.
- To assist customs and prevent damage to your package, include key and combination for locks when mailing sea bags, foot lockers, etc.
- Custom forms must be filled out.

Mailing Restrictions for Iraq

The following items should not be sent to your Marine:

- Obscene Material (Maxim, Stuff, FHM authorized...beyond that is not)
- Pork and Pork by-products.
- Large quantities of material contrary to the Islamic belief.
- Alcoholic beverages of any type.

Nice Things to Receive

Toiletries: Shaving Cream, Razors, Q-tips, Alcohol pads, Foot Powder, Body Powder, Baby Wipes, Lip Balm, Astringent, Hand Sanitizer, eyedrops, deodorant

Miscellaneous: DVDs, the latest CD from their favorite Artist, Your Marine's favorite Magazine, a book to read, the latest game for Playstation Portable or Gameboy, batteries, a deck of cards, a pillow, a small battery powered fan, his favorite snack, air freshener (cans and stick-ups), packages of tuna/jerky, laundry detergent

For the Iraqi Children: Hard candy, pencils, pens, notebooks, school supplies, soccer balls (please deflate for mailing)

Personal: Letters from family/friends and pictures